RECLAIMING AUTHENTIC WHOLENESS

Your Guide to Divine Feminine Shine

A Healing Workbook for Returning to Your True, Unfiltered Self

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Reclaiming Authentic Wholeness

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A Healing Workbook for Returning to Your True, Unfiltered Self

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Reclaiming Authentic Wholeness: Your Guide to Divine Feminine Shine

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While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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A Note from Fristy

Hey,

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Moving to Japan became my mirror: the hustle, the pressure to prove, the loneliness under the surface. It all cracked open the deeper truth—I wasn't broken; I was simply unmothered inside myself.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

This workbook is your invitation to walk that same path.

Let's get straight to the truth.

At some point, every woman looks into the mirror and wonders: *"Who am I beneath all the filters, expectations, and performances?"*

The spiritual journey isn't about becoming "perfect." It's about remembering your **original glow**—the wholeness you were born with before the world started defining you. The patterns of judgment, perfectionism, and endless comparison are not yours; they are inherited.

This workbook is your guide to releasing the weight of those old expectations. We are returning you to your most authentic power: your simple, sovereign **True Self**.

It's time to stop editing your light.

Yours in sovereignty,

Fristy Sato | Divine Feminine Leadership Initiator
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1. Reflection Prompt: Revisiting the Past Self

This guide is designed to be concise and impactful. Do one day's reflection, then let the insight sit with you. **No rush. Just realization.**

Before the weight of external standards settled upon you, a simpler, freer version of you existed. Connecting with that energy is the first step toward healing.

When you look back to a simpler era of your life—childhood, teenage years, or your early career—what emotions surface?

- ☐ Nostalgia
- ☐ Sadness
- ☐ Longing
- ☐ Comfort
- ☐ Other:

Journal: The Echoes of Wholeness

What values or energies from that time (e.g., playfulness, curiosity, simplicity) still live in you today?
What do you miss most about your old self or old world?

Notes:

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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2. The Hidden Story Beneath Judgment

Every time you judge someone's appearance, choices, or journey, you might be echoing a voice that isn't truly yours—maybe a parent, teacher, culture, or religion. **Judgment is simply protection in disguise.**

Journal Prompt: Deciphering the Voice

Whose standards do you tend to use when evaluating yourself or others?
How does that voice protect you? (e.g., It protects me from being blindsided by criticism.)
How does that voice limit you? (e.g., It limits my ability to connect deeply.)

Affirmation

*"I choose to see myself and others through **compassion, not comparison**."*

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3. Identifying Limiting Beliefs & Reclaiming Your Shine

Your worth is not a reward; it is **inherent**. When we hide our true expression to avoid judgment, we diminish our power and block our visibility.

Review the list below and circle the beliefs that resonate with you:

Limiting Belief	Empowered Reframe
My worth depends on how I look.	My worth is inherent and radiant from within.
If I show my real self, I'll be judged.	My authenticity attracts genuine connection.
I must fix myself to be accepted.	I can evolve while loving who I already am.
Being seen means being scrutinized.	Being seen means being celebrated.

Journal: The Call to Visibility

Which of these limiting beliefs still live in your subconscious?
What new belief feels truer in your body?
When you feel the urge to hide or dim your light, what is the clear truth you are afraid to express?

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This fear of judgment often creates a chronic fear of **visibility**, which directly sabotages your leadership impact. To dive deeper into this energetic block, **Read our essential guide to Healing the Fear of Visibility and Public Scrutiny**.

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights.

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4. ThetaHealing Practice: Healing the Mirror

The inability to set boundaries is an act of self-abandonment learned in childhood. Reclaiming your "No" is the clearest expression of **Adult Sovereignty** and connects to anchoring a solid **Identity and Purpose**.

This is a powerful ritual for releasing ancestral and societal programming that conditions your worth.

Step 1: Center Yourself Close your eyes and breathe deeply into your heart. Connect with the light of Creation, Source, or your Higher Self.

Step 2: Command (Speak Aloud) "Creator of All That Is, I release all ancestral, parental, and societal beliefs that tell me I must change who I am to be loved or accepted. Replace them with unconditional love, self-acceptance, and the truth that **authenticity is radiant**." *(Pause, breathe, and feel the shift.)*

Step 3: Witness Visualize your inner critic dissolving into golden light. See your reflection becoming warm, alive, and unfiltered. Whisper: *"I remember who I was before the world told me how to be."*

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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5. Somatic Practice: The Mirror Breath

This practice retrains your nervous system to choose curiosity over criticism and anchors acceptance in the body.

1. Stand before a mirror.
2. **Inhale** softly and say within, *“I see the truth.”*
3. **Exhale:** *“I release comparison.”*
4. Gaze gently into your eyes, softening your jaw and shoulders.
5. Finish by saying aloud: **“I am both who I was and who I am becoming — and both are beautiful.”**

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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6. Integration: Anchoring Wholeness

Area of Life	How This Healing Applies
Relationships	Allow emotional honesty without performance. Let loved ones meet the real you.
Career/Business	Share your story, not your mask. Authenticity builds lasting trust and connection.
Spiritual Practice	Pray, meditate, or create in ways that feel sincere—not "perfect."
Body Image	Appreciate evolution. Every wrinkle, curve, and change carries wisdom.

Final Reflection Prompts

How do I unconsciously repeat my parents' standards of perfection in my life or business?
What does authentic beauty mean to me now?
What parts of my natural expression have I hidden, and how can I bring them forward this week?

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Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

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Your Next Sacred Step: From Survival to Sovereignty

You've done the beautiful inner work of **realization**. You've identified the deep-rooted patterns of comparison and judgment.

To make this sense of **wholeness** permanent, you need an energetic container that holds the space for your full, **Divine Feminine Shine** to be anchored into your leadership.

That is the entire purpose of the **THRIVE Feminine Leadership Immersion**.

The Immersion is where we move from the endless *editing* of your light to the quiet, unshakeable power of *transmitting* your truth.

Apply Now for the THRIVE Feminine Leadership Immersion

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

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Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy HERE.

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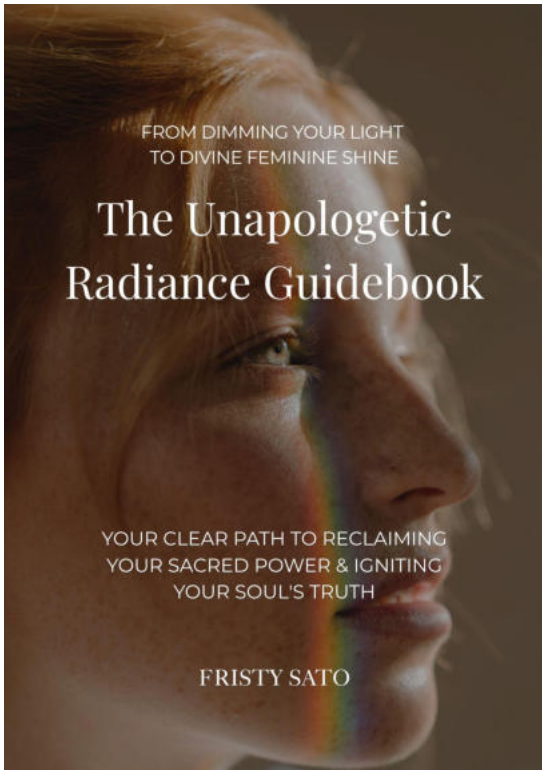
Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

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A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

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About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

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Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

UNLOCK THE SECRET TO MANIFESTATION
THAT ALIGNS WITH YOUR SOUL'S PURPOSE
The
Conscious
Manifestation
Journal
This transformative journal blends manifestation techniques, subconscious healing, and structured goal-setting to help you turn your biggest dreams into reality—one aligned step at a time.
FRISTY SATO

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

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What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

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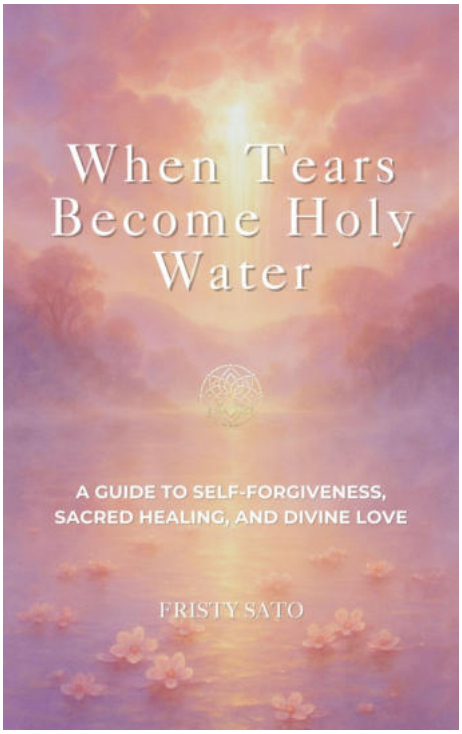
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

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This book found me exactly when I needed it. I didn’t realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy’s words felt like a hand on my heart. She doesn’t just teach forgiveness—she lives it. This is more than a book. It’s a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I’ve read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that’s both nurturing and powerful. She doesn’t sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It’s a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn’t put this book down. Fristy’s journey through rage, grief, and spiritual awakening is not just inspiring—it’s transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I’ll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

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Your Path Forward

Connect with Fristy on Social Media:

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

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BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

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